



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 03189, Babyfood, cereal, oatmeal, dry fortified

Report Date: June 24, 2017 23:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	4.56	--	0.029	4.07	6.49	8.0	4.495	4.628	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	394	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	1649	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein <sup>1</sup>	g	10.99	--	0.055	10.55	11.6	6.0	10.857	11.127	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) <sup>1</sup>	g	6.36	--	0.240	5.16	7.3	6.0	5.764	6.965	1	Analytical or derived from analytical	--	04/2016
Ash <sup>1</sup>	g	4.60	--	0.006	3.36	4.88	10.0	4.585	4.613	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	73.48	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Fiber, total dietary <sup>1</sup>	g	7.3	--	0.788	5	8.7	2.0	3.868	10.646	1	Analytical or derived from analytical	--	04/2015
Sugars, total <sup>1</sup>	g	11.67	--	0.180	6.37	13.57	5.0	11.189	12.145	1	Analytical or derived from analytical	--	04/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.99	--	0.029	0.7	1.1	2.0	0.891	1.098	1	Analytical or derived from analytical		-- 04/2015
Glucose (dextrose) <a href="#">1</a>	g	6.53	--	0.143	0.2	8.3	2.0	5.918	7.142	1	Analytical or derived from analytical		-- 04/2015
Fructose <a href="#">1</a>	g	0.15	--	0.027	0.07	0.2	2.0	0.033	0.265	1	Analytical or derived from analytical		-- 04/2015
Lactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical		-- 03/2007
Maltose <a href="#">1</a>	g	3.99	--	0.119	3.1	12	3.0	3.614	4.373	1	Analytical or derived from analytical		-- 04/2016
Galactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical		-- 03/2007
Starch <a href="#">1</a>	g	42.69	--	1.124	30.3	46.5	2.0	38.564	46.816	1	Analytical or derived from analytical		-- 04/2016
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	1160	--	9.129	756	1,280	5.0	1136.577	1183.063	1	Analytical or derived from analytical		-- 04/2015
Iron, Fe <a href="#">1</a>	mg	64.10	--	1.118	54.8	68.9	5.0	61.252	66.946	1	Analytical or derived from analytical		-- 04/2016
Magnesium, Mg <a href="#">1</a>	mg	110	--	1.018	97	132	9.0	108.185	112.788	1	Analytical or derived from analytical		-- 04/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	506	--	5.087	444	777	6.0	493.367	517.861	1	Analytical or derived from analytical	--	04/2016
Potassium, K <a href="#">1</a>	mg	549	--	3.923	318	617	6.0	539.205	558.612	1	Analytical or derived from analytical	--	04/2015
Sodium, Na <a href="#">1</a>	mg	21	--	0.446	7	26	6.0	19.676	21.851	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn <a href="#">1</a>	mg	12.68	--	0.180	11.7	14.6	5.0	12.219	13.134	1	Analytical or derived from analytical	--	04/2016
Copper, Cu <a href="#">1</a>	mg	0.419	--	0.003	0.39	0.48	6.0	0.413	0.426	1	Analytical or derived from analytical	--	04/2015
Manganese, Mn <a href="#">1</a>	mg	3.894	--	0.040	3.18	4.44	7.0	3.799	3.989	1	Analytical or derived from analytical	--	04/2016
Selenium, Se <a href="#">1</a>	µg	23.4	--	2.041	18	46.2	3.0	16.545	30.258	1	Analytical or derived from analytical	--	04/2016
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">2</a>	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Thiamin <a href="#">1</a>	mg	1.431	--	0.011	1.38	1.68	3.0	1.392	1.47	1	Analytical or derived from analytical	--	04/2016
Riboflavin <a href="#">1</a>	mg	1.586	--	0.027	1.3	1.7	2.0	1.472	1.7	1	Analytical or derived from analytical	--	04/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	21.348	--	1.851	18.7	26.3	2.0	13.388	29.308	1	Analytical or derived from analytical	--	04/2016
Pantothenic acid <a href="#">1</a>	mg	1.871	--	0.023	0.97	7.8	2.0	1.755	1.988	1	Analytical or derived from analytical	--	04/2016
Vitamin B-6 <a href="#">1</a>	mg	0.853	--	0.019	0.82	0.96	2.0	0.777	0.93	1	Analytical or derived from analytical	--	04/2016
Folate, total <a href="#">1</a>	μg	247	--	10.909	217	273	2.0	202.824	291.932	1	Analytical or derived from analytical	--	04/2016
Folic acid	μg	212	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Folate, food	μg	35	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Folate, DFE	μg	396	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Choline, total <a href="#">2</a>	mg	27.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2016
Betaine <a href="#">2</a>	mg	21.4	--	--	17.3	22	--	--	--	1	Analytical or derived from analytical	--	04/2016
Vitamin B-12 <a href="#">1</a>	μg	4.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Vitamin B-12, added	μg	4.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol <sup>1</sup>	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	03/2003
Vitamin A, IU	IU	16	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	03/2003
Lutein + zeaxanthin	µg	185	--	--	--	--	--	--	--	--	Calculated or imputed	08120	03/2003
Vitamin E (alpha-tocopherol) <sup>2</sup>	mg	12.23	--	0.999	5.53	20.93	2.0	7.963	16.496	1	Analytical or derived from analytical	--	04/2016
Vitamin E, added	mg	11.78	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Tocopherol, beta <sup>2</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2016
Tocopherol, gamma <sup>2</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2016
Tocopherol, delta <sup>2</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2016
Vitamin D (D2 + D3)	µg	12.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D2 (ergocalciferol) <sup>1</sup>	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	12.7	--	--	12.7	12.8	1.0	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin D	IU	510	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.4	--	0.076	1.1	2.3	2.0	1.077	1.71	1	Analytical or derived from analytical	--	04/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	0.841	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
4:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
6:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
8:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
10:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
12:0 <sup>1</sup>	g	0.001	--	0.001	0	0	2.0	-0.002	0.003	1	Analytical or derived from analytical	--	04/2015
14:0 <sup>1</sup>	g	0.014	--	0.001	0.01	0.02	2.0	0.01	0.019	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 <a href="#">1</a>	g	0.002	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:0 <a href="#">1</a>	g	0.742	--	0.014	0.63	0.84	3.0	0.691	0.794	1	Analytical or derived from analytical	--	04/2016
17:0 <a href="#">1</a>	g	0.002	--	0.000	0	0	2.0	0.001	0.003	1	Analytical or derived from analytical	--	04/2015
18:0 <a href="#">1</a>	g	0.066	--	0.002	0.05	0.07	2.0	0.059	0.073	1	Analytical or derived from analytical	--	04/2015
20:0 <a href="#">1</a>	g	0.006	--	0.000	0.01	0.01	2.0	0.005	0.007	1	Analytical or derived from analytical	--	04/2015
22:0 <a href="#">1</a>	g	0.003	--	0.001	0	0	2.0	-0.002	0.007	1	Analytical or derived from analytical	--	04/2015
24:0 <a href="#">1</a>	g	0.004	--	0.000	0	0.01	2.0	0.004	0.004	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total monounsaturated	g	1.564	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
14:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
15:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.008	--	0.000	0.01	0.01	2.0	0.007	0.009	1	Analytical or derived from analytical	--	04/2015
16:1 c <sup>1</sup>	g	0.008	--	0.000	0.01	0.01	2.0	0.007	0.009	1	Analytical or derived from analytical	--	04/2015
16:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
17:1 <sup>1</sup>	g	0.001	--	0.001	0	0	2.0	-0.002	0.003	1	Analytical or derived from analytical	--	04/2015
18:1 undifferentiated <sup>1</sup>	g	1.518	--	0.032	1.21	1.74	3.0	1.413	1.624	1	Analytical or derived from analytical	--	04/2016
18:1 c <sup>1</sup>	g	1.518	--	0.032	1.21	1.74	3.0	1.412	1.624	1	Analytical or derived from analytical	--	04/2016
18:1 t <sup>1</sup>	g	0.000	--	0.000	0	0.01	1.0	-0.001	0.002	1	Analytical or derived from analytical	--	04/2015
20:1 <sup>1</sup>	g	0.031	--	0.001	0.03	0.04	3.0	0.028	0.033	1	Analytical or derived from analytical	--	04/2015
22:1 undifferentiated <sup>1</sup>	g	0.002	--	0.000	0	0.01	3.0	0.001	0.003	1	Analytical or derived from analytical	--	04/2015
22:1 c <sup>1</sup>	g	0.002	--	0.000	0	0.01	3.0	0.001	0.003	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
24:1 c <sup>1</sup>	g	0.004	--	0.000	0	0.01	3.0	0.003	0.005	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total polyunsaturated	g	1.748	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
18:2 undifferentiated <sup>1</sup>	g	1.690	--	0.032	1.33	1.81	3.0	1.58	1.801	1	Analytical or derived from analytical	--	04/2016
18:2 n-6 c,c <sup>1</sup>	g	1.688	--	0.032	1.33	1.81	3.0	1.578	1.799	1	Analytical or derived from analytical	--	04/2016
18:2 CLAs <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 t not further defined <sup>1</sup>	g	0.002	--	0.000	0	0	2.0	0.002	0.002	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated <sup>1</sup>	g	0.057	--	0.002	0.04	0.06	2.0	0.05	0.065	1	Analytical or derived from analytical	--	04/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.057	--	0.002	0.04	0.06	2.0	0.05	0.064	1	Analytical or derived from analytical	--	04/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 <i>1</i>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:4 <i>1</i>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
20:2 n-6 c,c <i>1</i>	g	0.000	--	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	03/2007
20:3 undifferentiated <i>1</i>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
20:3 n-6 <i>1</i>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:4 undifferentiated <i>1</i>	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
20:5 n-3 (EPA) <i>1</i>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
21:5 <i>2</i>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
22:4 <i>1</i>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
22:5 n-3 (DPA) <i>1</i>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Fatty acids, total trans	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
<b>Amino Acids</b>													
Hydroxyproline	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2016
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	03/2003

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18f, 2014 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD